



**REAL GYM FOR  
REAL WOMEN**

ONE MIND | ONE BODY

# Membership Timetable!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00 - 6.45am HIIT EXPRESS		6.00 - 7am CARDIO STRENGTH ENDURANCE		6.00 - 6.45am BOXERCISE	
8.00 - 8.30am LIGHT PACE CIRCUIT	8am - 8:30am FITBALL FUN	8.00 - 8.45am INTRO YOGA - TAI CHI	8am - 8:30am TRX - BODYWEIGHT STRENGTH	8.00 - 8.30am FITBALL FUN	8.00 - 8.45am BOXERCISE
				8:30 - 9am FULL BODY STRETCH	
9.00 - 9:30am HIIT EXPRESS	9.00 - 10am BOXERCISE	9.00 - 9.30am HIIT EXPRESS	9.00 - 10 am BODY BLAST	9.00 - 9:30am HIIT EXPRESS	9.00 - 9:30 am SUPER- SATURDAY
9:30 - 10am HIIT EXPRESS	10.00 - 10.30am THERA BAND/BOSU	9:30 - 10am AB LAB	10.00 - 10:30 am YOGA	9.30 - 10.00am GLUTE LAB	
10.00 - 10.30am LIGHT PACE CIRCUIT	10:30 - 11am PIN-LOADED CIRCUIT	10.00 - 10.30am FREE WEIGHTS	10.30 - 11.00am FOAM ROLLER STRETCHING	10.00-10.30am FITBALL FUN	10:00-10:30 am POSTURAL CORE AND HIPS
10:30 - 11am FULL BODY STRETCH		10:30 - 11am FOAM ROLLER STRETCHING			10.30 - 11:00 am YOGA-LATES
5.00 - 5.30pm CARDIO INTERVALS	5.00-5.30pm FUNCTIONAL STRENGTH	5.00 - 5.30pm SHORT N SHARP	<u>PERSONAL TRAINING NIGHT</u>	5.00 - 5.30 pm YOGA	
5.30 - 6.00pm FITBALL FUN		5.30 - 6.15pm ARMS - ABS - GLUTES - LEGS - SUPER SET	1 ON 1 OR 2 ON 1	5.30 - 6.00 pm FITBALL FUN	
6.00 - 6.30pm PILATES	6.00 - 6.45pm GLUTE LAB		BOOK IN VIA RECEPTION	6.00 - 6.30 pm YOGA-LATES	
			<i>CLASS OF THE WEEK AVAILABLE</i>		
7.30 - 8.15pm MEGA STRENGTH	7.15 - 8.00pm HIIT EXPRESS	7.00 - 7.45pm BOXERCISE	<i>FOR MEMBERS TO FOLLOW AT THEIR OWN PACE ALL EVENING!</i>		

**PERSONAL TRAINING and PRIVATE GROUP TRAINING SERVICES AVAILABLE UPON REQUEST**

**Level 2/42-44 Jackson Court, East Doncaster, Victoria, 3109 – Phone: 9855 8307**

**Gym Opening Hours –**

**Mon/Wed 6am – 8:30pm**

**Tuesday/Thurs 6am – 8pm**

**Friday – 6am – 7pm & Saturday 7am – 1pm**